

Congratulations...

Natalie Wallace



Natalie Wallace (VHS class of 2012) graduated from Western Oregon University on June 11, 2016. Natalie received a Bachelor's of Science in Biology with a minor in chemistry, she graduated Cum Laude with Honors.

Natalie was recognized as a member of Who's Who

among Students in American universities and colleges and was honored as a nominee for both the WOU 2016 distinguished leadership award and for the outstanding woman graduate for the class of 2016.

Natalie is currently working in the Salem Hospital ER as a medical scribe and will be applying to medical schools in the fall. Natalie will also be traveling to Jamaica this summer on a university sponsored service trip to deliver supplies and provide education in underserved areas of that country.

Natalie would like to thank all of the local scholarship sponsors from the Vernonia area who helped her have such a great financial start for college. A special thank you to the local and state chapters of the P.E.O. for their continued support and to Katie Poetter and Dana Hyde for all their help.

Walkers Take to the Streets to Fight Suicide *continued from page 8*

how to fight suicide, and if we keep up the fight the science is only going to get better, our culture will get smarter about mental health, and we'll be able to save more people from dying from depression and other mental health conditions."

Local sponsors for the Columbia County Out of the Darkness Community Walk include Columbia Community Mental Health, Grocery Outlet, Les Schwab, Dutch Bros., Bi-Mart, and Fred Meyer.

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health through education and community programs, develops suicide prevention through research and advocacy, and provides support for those affected by suicide. Led by CEO Robert Gebbia and headquartered in New York, and with a public policy office in Washington, D.C., AFSP has local chapters in all 50 states with programs and events nationwide. Learn more about AFSP in its latest Annual Report, and join the conversation on suicide prevention by following AFSP on Facebook, Twitter, Instagram, and YouTube.

HELP WANTED

9-1-1 COMMUNICATIONS SPECIALIST Columbia 9-1-1 Communications District (C911CD) is conducting a hiring process for full-time Communications Specialists. Log on to www.columbia911.com and click on 'Careers'. For any questions call 503-366-6976.

Cedar Ridge is currently hiring kitchen staff for evenings and weekends. We are looking for self-motivated cooks who have a current food handlers card and preferably one year of food service experience. Candidates must show strong organizational skills, a positive attitude, ability to multitask, attention to detail and solid work ethic. Must be able to work cleanly, efficiently, and with careful attention to preparation. If interested, visit www.visitedarridge.com or email ryan@visitedarridge.com.

Bridge Street Bits

By Karen Miller

"LIAISON," noun, pronounced "lee-ey-zawn", a contact or connection between two units, a person who initiates and maintains a contact or connection. Believe me, it took longer to figure out the spelling of liaison than it did to write this article. At any rate, the Senior Center Board would like to welcome Kim Tierney of the Vernonia City Council as liaison between the Council and the Senior Board as we progress toward the new Senior Center Building and other matters of importance between Council and the Seniors. Welcome Kim!

LOCAL SENIORS take note, the annual Senior Center Picnic at Anderson Park is fast approaching. Bring salad, a side dish or dessert; hot dogs and burgers will be provided and cooked up by our capable senior chefs. The date is Friday, August 19 - see you around 11:30!

MEDICARE AND HEALTH CARE QUESTIONS

can be answered by knowledgeable Michelle Moore. She has visited the former senior center for many years. Her new office is right off Hwy 30 going into St. Helens. Call her at: (503) 987-1809

SHIBA stands for Senior Health Insurance Benefits Assistance (state of Oregon). For further assistance from a SHIBA rep for Columbia County, call the Scappoose Senior Center (503) 543-2047

THINKING OF SELLING YOUR HOME? Here are nine upgrades that pay you back: 1) Get new siding 2) Insulate the attic 3) Replace the roof 4) Replace the entry door 5) Renovate the bathroom 6) Build a wood deck 7) Remodel the basement 8) Add a family room 9) Refresh the kitchen.

HELP WANTED: The Senior Center Meals on Wheels Program is in urgent need of help to deliver meals. Background checks are required. Please call Wendy, MOW coordinator at (503) 467-1635 if this is a volunteer area you

might want to consider.

NOTEWORTHY NOTES and NUMBERS:

FOOTCARE: Make your appointment at the Vernonia Health Center. Last Wednesday of the month. (503) 429-0622

VETERANS SERVICES: First Tuesday of the month. Learning Center. 1 to 7 pm

MEALS ON WHEELS info: Wendy (503) 405-0187

MONTHLY BOARD MEETING: All are invited. Second Friday of the month. Food Bank Bldg. 10:00 am

SENIOR SERVICES: Community Action Team: Juliann Davis (503) 366-6584

NEWSLETTER NEWS: Karen (503) 429-0273

SENIOR SIGN OFF: Some of us lean to the left, some of us lean to the right, and some of us are self-centered.

SEE YA' AROUND TOWN...

Vernonia Senior Center • 939 Bridge Street • 503-429-3912

Church Directory (in alphabetical order)

Assembly of God

Sunday School: 9:45 am
Morning Worship: 11:00 am
Sunday Evening Prayer: 6:00 pm
Wayne Marr, Pastor
662 Jefferson Avenue
503-429-0373

Church of Jesus Christ of Latter Day Saints

Sunday Schedule:
Sacrament Meeting: 10:00 am
Sunday School & Primary: 11:20 am
Relief Society, Priesthood and Young Women: 12:10 pm
Roger Cook, Branch President
1350 E. Knott Street
503-429-7151

The Crossing

Southern Baptist Church of Vernonia

Wednesday, 7:00 PM

Troy Pound, Pastor

Cabin in Vernonia

901 Park Drive

503-819-892

Grace Family Fellowship

Sunday School: 9:00 am

Worship Service: 10:30 am

Thursday Prayer: 6:00 pm

Greg "Mac" McCallum, Pastor

957 State Avenue

503-429-6790

Nehalem Valley Bible Church

Sunday School: 9:45 am

Worship Service: 10:45 am

Tues. Ladies Bible Study: 9:30 am

Wednesday Service: 7:00 pm

Sat. Men's Prayer Meeting: 6:30 am

Gary Taylor, Pastor

Grant & North Streets

503-429-5378

Open Door Gathering Place

Service: Sunday 6:00 pm

Grant Williams, Pastor

375 North Street

503-702-3553

St. Mary's Catholic Church

Wednesday Religious Education:

3:15-4:30 pm

Sunday Mass: 12:00 pm

Rev. Luan Tran, Administrator

960 Missouri Avenue

503-429-8841

Vernonia Christian Church

Sunday School: 9:45 am

Worship Service in Youth &

Family Center: 11:00 AM

www.VernoniaChristianChurch.org

Sam Hough, Pastor

410 North Street

503-429-6522

Vernonia Foursquare Church

Sunday Worship Service: 10:30 am

Children's Sunday School

Carl Pense, Pastor

850 Madison Avenue

503-429-1103

Vernonia Seventh-day Adventist Church

Sabbath (Saturday) Services

Sabbath School: 9:30 am

Worship Service: 11:00 am

www.VernoniaSDAC.org

Larry Gibson, Pastor

2nd Ave. and Nehalem St.

503-429-8301